

BRIDGES

READ MY BOOK:

Jamie and the Monster Bookroom co-written by mother and daughter **P. 2**

SPACES:

Owner's creative passion fuels reno on seven-story condo **P. 4**

GARDENING:

Sourcing herbloom seeds at made-in-Canada event **P. 12**

WEDNESDAY, FEBRUARY 25, 2013

A STARPHOENIX COMMUNITY NEWSPAPER



THE JOY OF BELONGING

**ANTHONY BIDULKA AND HERB MCFALL
SEE YOUNG PEOPLE TRANSFORMED
THROUGH CAMP FYREFLY P. 6**

FREE

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

KERRY SIMPSON WITH JAMIE SIMPSON

Jamie and the Monster Bookroom

Since I was a child, my dream was to write—what to write I wasn't sure.

I just had this intense longing for a book cover to scream out my name. As with many dreams, we tend to push them to a corner when we're adults—too busy to give them a second thought.

But when my daughter was born, I became captivated to write mine and read mine... A LOT! Since Jamie was baby for the first four months of her life and when she wasn't crying and I could hear my own voice, I was reading stories to her.

From a very young age (at around five years old), Jamie was hooked by books and later by the stories I told her before bed. As Jamie grew older and found her words, she would ask me to tell her stories each night and I found myself brainstorming interesting stories each day so

I could share them with her.

One night I was particularly proud of myself for sharing a story about a lovely literary book and Jamie loved it... so much in fact, that she wanted I tell her more about this girl Jamie and the lovely book. So I added more detail to the story each time I told it.

Thus is how Jamie and the Monster Bookroom came to be. Perhaps old Jamie and her mother travel to the library each week to select new books and Jamie's wild imagination takes her on a trip that she will never forget.



Author Kerry Simpson with Jamie Simpson

This story is symbolic of how I wrote Jamie—and every child who reads this book—in experience reading, reading on a page, reading on a screen, and reading on a reader.

Jamie is now five years old and is the co-author of our first picture book. She said I continue to write our ideas for stories as the white noise heard in my kitchen and I look forward to brainstorming another book with her.

Illustrator Erin Polenske brought the story to life with her vivid pictures and creativity. Thank you, Erin, for helping to make this dream a reality.

For more information or to order Jamie and the Monster Bookroom, contact Kerry Simpson at kjansimpson@shaw.ca



By Kerry Simpson with Jamie Simpson

Illustrated by Erin Polenske

Jamie and the Monster Bookroom by Kerry Simpson with Jamie Simpson (illustrated by Erin Polenske) was awarded Honorable Mention in the Children's Book category of the 2014 Great Midwest Book Festival.

Nuts About Nature At Beaver Creek Conservation Area



Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,

I've heard that honeybees are disappearing. What's happening to them?

Kaylee

Dear Kaylee,

The disappearance of honeybees has been bugging bee biologists since the early 1990s when some live hives, or apiaries, started to follow some strange, strange happenings in their colonies. They would wake up one day to find that all the adult worker bees had mysteriously disappeared without a trace! Only the queen, her baby brood and some young worker bees remained in the colony with no simple amount of honey. Since the apiarists had no idea what happened to their honeybees they called it disappearing disease. Now it is called colony collapse disorder and it still confuses apiarists today since no one can find out exactly what causes it. Researchers believe it could be a combination of things that stress the bees out, such as diseases, harmful pesticides and nutrition. But don't be afraid Kaylee because so far colony collapse disorder has not been typically found in Saskatchewan, but it is good to keep an eye on our bee friends. Come and learn more about honeybees at the Meewasin Valley Centre for the month of February.

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal, Chip

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ON THE COVER PG. 6



After struggling while trying to get in Saskatchewan, Anthony DeLuca and Herb McNeil are helping fellow youth find acceptance at Camp Family Services. PHOTO BY MICHELLE BERG

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SPACES P. 4



Jane Springs our mixed mix of bright colours in the mainly black and white decor of her condo. PHOTO BY FRANK SIKULSKI

BRIDGES COVER PHOTO BY MICHELLE BERG

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SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATCHEWAN'S BEST SPACES

Scrimgeour didn't stop at black and white

By Ashley Martin

WHO? Jenn Scrimgeour

WHAT/WHERE? Her seven-storey condo in west Regina

WHEN? Scrimgeour moved into the unique 1917 condo complex in 1993 and began renovating in 1996. It was a year-long process and carefully has been the biggest shift.

WHY? Scrimgeour grew up in England around Jewish homes. When she came to Canada, she brought some of that taste with her. Her previous decor was eclectic with wing chairs and antiques in soft colours and lots of gold.

"Then one day four years ago she woke up and decided it was time for a change."

"Now here in your house, you need to embrace your home, to feel very comfortable in your house," she says. "For some people... this would not be their comfort level at all."

HOW? It happened gradually first with paint — a mauve colour called coal wine which she found at Habitat. Then she bought some black chairs and started some painting things she — her friends called her the spray paint queen. She redid her flooring, replacing some of the very coloured carpet with a "hazelnut" shade and adding some slate laminate.

In 2001 she opened up her kitchen and moved more space by adding a mean-shaped countertop.

She has swapped in other paint colours more recently with pink, green and grey adding to the largely black and white decor. She describes the finished product as urban chic.

Scrimgeour is a huge fan of jewel tones. She's strict with her colour scheme — blacks and greys on display match the accent colours — and has tried not to overdo on black.

For new items, she frequents HomeSense, Bedside Home and Jinx, and has discovered some good finds at Home, Sears Clearance, London Drugs, Salvation Army and Value Village.

BRIDGES PHOTO BY BRYAN SCHLOSSER



SPACES



She likes to rearrange an inch at a time. She has spray-painted leopards, seahorses and beetles for inexpensive decor. She once used the fabric from a sundress to redecorate a sofa table.

What she can't resist: she sells on Uggz, Zappos or Amazon.

While renovating can be overwhelming for some people,

Somerville is filled with it.

"Change can be fun, change can be good, but sometimes change can be very stressful and if you're out of your comfort zone it can be very, very uncomfortable for some people. But when it comes to home decor, there's no too much that would scare me."

She and her husband Rick lived in eight different homes during their marriage.

"It became a bit of a hobby" to move, she says. "Those days they probably would call it flipping, and we didn't necessarily buy a home in order to live in it for a year and then sell it. We just really enjoyed change."

Her favorite room in the house is her bedroom — "It's my room," she says. She's enjoyed having a primary bedroom since childhood.

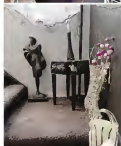
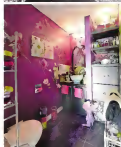
"My father, he always made sure that I had a really nice primary bedroom. He always made sure I had pretty sheets; they always had like tassels on them or they were pink."

He most definitely added headboard to match a comforter. Somerville loves the different levels of her condo — it's a good exercise, she says, and has lots of character. The bottom two levels are entrances (a back door on the first level, front door on the second), one middle level is a landing.

The downside is the home is so narrow it's difficult to get anything up the stairs.

In summing up, the large patio-covered porch is like an added room. She drings a bit of the indoors outside and vice versa.

www.thelthspring.com
 Photos by: TheLTH



ON THE COVER

I had no idea there were other kids going through what I was going through.

—Anthony Bidulka

ANTHONY BIDULKA AND HERB MCFALL

Then and now: Growing up in Saskatchewan



Anthony Bidulka (left) and Herb McFall launch Camp Firefly, a summer leadership retreat for Saskatchewan's gay, lesbian and allied youth, in Saskatchewan in 2005. (PHOTO BY MICHELLE BERN)

By Jonathan Charlton

Anthony Bidulka has a vivid memory of the first Camp Firefly in Saskatoon, back in 2005.

On the first day, youth had the opportunity to introduce themselves to their peers, but they shied away.

"It was like watching 50 little soldiers who took their word, they had their heads up, their heads were down," he remembers.

"No couldn't hear most of them. They were either shy or frightened or worried, no confidence at all."

When Bidulka returned just four days later, the kids had completely changed. They talked for hours.

"They were so confident and full of life and confidence. It showed us what four days can do when you're told you're OK, when you feel safe."

When, instead of being told you're different or you're not good at

you're a dreamer (saying) you're an important person and there are other people like you."

Bidulka is a chartered accountant turned author, who penned the *Real and Quiet* mystery series. His husband, Herb McFall, is a certified financial planner. Since being introduced by a mutual friend, they've been together for 20 years.

The first Camp Firefly began at the University of Alberta in 2005. The

couple went to Edmonton to see it in action, and came home determined to start one in Saskatchewan.

In 2006, the couple got married. They invited guests to make donations to set up the camp, intended for sexual minority gender variant and allied youth.

The Saskatchewan retreat runs each summer and alternates between Saskatoon and Regina. About 20 youth come each year, and orga-

nize work particularly hard to recruit participants from rural and remote parts of the province.

The program is also expanding, with a Camp Firefly co-ordinator set to travel to schools around the province providing information and support.

Except for a \$65 fee, donations cover the cost of the camp. Professionals like psychologists, police, clergy and social workers volunteer their time to work with the participants.

I'm soon at retirement age, but I see these 14-year-olds expressing themselves in a way I wish I could have done myself back then. — James McNinch

"By the time they leave, they're excited and feel better about themselves," McNinch said. "They can go back to their community in La Ronge or Nipewin or Midale or Regina, and be a bit of a leader for change."

CTV recognized the couple's efforts by naming them Saskatoon's citizens of the year for 2014.

James McNinch, an education professor at the University of Regina, was another key player in setting up the camp. He is on the provincial board with McNinch and Bafalua, and volunteers in the camp kitchen.

McNinch, who is also gay, said the camp isn't just for the campers — it changes everyone involved.

"I think I'm probably because a more sensitive, compassionate person. It's sort of educational, yes, but I see these 14-year-olds expressing themselves in a way I wish I could have done myself back then."

IN CHARGE

Camp Ferny is the kind of place that would have come in handy when McNinch and Bafalua were growing up 40 years ago.

Bafalua grew up on a farm near Pruthihouse. It was a small community with just seven students in his graduating class.

Until he started to frequent for university, he believed there was no one else like him, he said.

Continued on Page 8



Mementos from Camp Ferny at Anthony Bafalua and James McNinch's home. Bafalua photo provided by Bafalua.



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They were so exuberant and full of life and confidence. It showed us what four days can do when you're told you're OK, when you feel safe. — Bidzulis



Anthony Bidzulis holding a piece of himself giving the welcome speech at his high school graduation. PHOTO BY MICHELLE BENO

"I had no idea there were other kids going through what I was going through. And I was glad with that in great deal."

He was a loner and didn't get involved in school activities. He'd even hide in the high school bathroom more during breaks to avoid the interest of his peers, who could sense something different about him.

His family was loving but struggled to understand what was going on. Simply turning growing apologies out of other kids didn't solve anything.

"Like any parent, you just want your kid to be happy, and I think they did everything they could to make that happen. But I was too busy trying," he said.

"What I really needed was for someone to say, 'I know who you are, and you're OK, and it's going to get better.'"

Looking back, he can't think of who that might have been — no friends or teachers coming to stand on natural allies. A program like Camp Pyrrhy might have spared him to start thinking about that, he said.

My fondest wish was to go to the high school dance and dance with who I wanted to dance with.

— Herb McPaul



Herb McPaul holds up a composite clipping from when his father Jack McPaul was awarded Citizen of the Year in 1955. Photos by MICHAEL BILES

It was only when he returned at university, in 1955, that he met other gay people, discovered his confidence and revealed himself. By the time he was in his early 50s, he was ready to come out to his parents.

That conversation was as hard as he expected, but the relationship needed to start over, but it did begin a change. Now, his mother treats McPaul just as well — or even better — than any of her other sons in law.

The parents of Hydepark owners can also have a hard time when they meet their newly confident kids at the end of the program.

"For some of them, it was a shock. They didn't know what happened to their kid. I start

ed realizing we needed to bring them into the fold too," Radulac said.

Paula later saw merit with parents on the last day to explore what has been going on, and parents get a chance to share their own struggles.

Bridles and McPaul have heard a nice-looking former break down in tears, expressing the hope that the halfway box was suffered would stop. One mother thanked the camp for giving her back her distant daughter.

They've heard another mother admit that she just didn't understand her daughter, and didn't like what she was becoming. Radulac said he advised her honesty.

Continued on Page 10



HYDE PARK VIEW

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When, instead of being told you're different or you're no good or you're a deviant, (hearing) you're an important person and there are other people like you. — *Indulka*

"That was step one for her and she was there. And I think that's amazing."

For McNeill, coming of age in a high school of 1,800 students in Saskatoon, it was easier to blend into the crowd and avoid bullies.

Without any role models, however — this was decades before TV shows like *Will and Grace*, or *Ellen*, he noted — he couldn't really thrive.

"My friend who was to go to the high school dance and dance with who I wanted to dance with."

Instead, even though he wasn't out to his family, he developed a close relationship with them. He passed himself off as his student, and learned the piano, violin and singing outside school. He was also heavily involved in his United Church.

A NEW DAY

Sean Hellephant, of Saskatoon, first attend of Camp Pyndyl three years ago, at the age of 46.

Harris female: Sean had already made the

transition to being male. He was in a good place, with a supportive family.

He quickly became a member to other campers — since then, he returned to a fix of friends and is now also a board member.

"I don't think I've ever been in a place that's been so accepting and positive," he said.

He knew seeing kids who seemed scared and closed off "knew no one of the most and campers."

Camp Pyndyl is important because the Saskatchewan LGBTQ+ community is still small and people can face stigma, he said.

"It's important for these kids to feel like they belong."

Radulka remembers looking through the phone book for help, and even searching the library as a man hope for a book on being gay.

"I can't imagine what it would have been like to be a kid and to see these TV shows and see these movies and go on the Internet and just find what support groups are out there."



Camp Pyndyl began in 2000 and includes, yearly, between in Saskatchewan and Regina. Photos by MICHELLE BROWN

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What I really needed was for someone to say, 'I know who you are, and you're OK, and it's going to get better' — *Bidulka*



Herb McNeil and Anthony Bidulka (Yoni), who got married in 2008, with their Labrador Retriever Magic and Anna in their front yard in Saskatoon. PHOTOS PHOTO BY MICHELLE BIRCH

A sexual identity issue in 2013, as the other hand, one connected with her poem at the close of a poem. One of Bidulka said McNeil's concerns after the two signed a prenuptial agreement that kids would eventually drift apart. In short, they formed a supportive community through social media.

And while social media can breed cyberbullying, those connections with reality can't hide, McNeil said.

McNeil also pointed out that aside from social norms, lives have changed. It's a new legal era, say people in society and adopt children, for example.

But, it's a gradual change, and youth, particularly in rural areas, are lonely. That's why Camp Pym is still important.

"To watch these young men and young women get married, have kids, be accepted in the community, it's a tremendous change," McNeil said.

Following a passion

Anthony Bidulka left his 30-year career as a chef and accountant in 1999 to start a writing business, a hobby he had started in his youth.

He created the gay Saskatoon destination Russell Quirt Bidulka wanted to start out as a bookkeeper, but he also knew playing with a reader's imagination.

As it turned out, Quirt has been a writer for his home and other than his sexuality, Bidulka said.

Bidulka said the odd question about whether he was in an open or if there are people born in his backyard, but he doesn't mind.

"It's an opportunity to show the world who you really are."



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GARDENING

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Sourcing heirloom seeds at made-in-Canada event

By Eil Svendsen

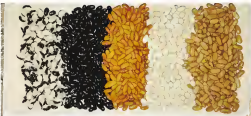
The event of the year for gardeners is coming soon.

Seedy Saturday was started by Ellen Kromp who was searching for local heirloom vegetable, flower and wheat varieties for its 10th garden project at the Great Mill and Garden in Kamloops, B.C.

Her first event in 1999 at the Van Dusen Botanical Garden in Vancouver brought out 800 people. She talked about seeds, and the group engaged and bought their own. A few local seed companies were on hand selling open-pollinated varieties as well as reproductions from conservation and heirloom organizations.

Since then, the event has spread across Canada. The Seedy Saturday and Europe Seed of Diversity (www.seeds.ca), a charitable non-profit organization interested in preserving heirloom seeds, helps local Canadian groups host Seedy Saturdays and Sundays.

Seedy Saturdays everywhere follow a very similar model to that first one in 1999. There's usually a trade show where local seed companies have heirloom open-pollinated varieties for sale. There can be several local organizations involved in health, food security, sustainability or farm issues. And like Kromp's first event, there are usually presentations about local or regional food issues and opportunities, purchasing or new trends in food production.



A selection of heirloom beans from columnist Eil Svendsen's garden. From left: Black, Black Valentine, Norsk Bøn, Geantotte Haricots and Arsis. Yellow Peas: COURTESY EIL SVENDSEN

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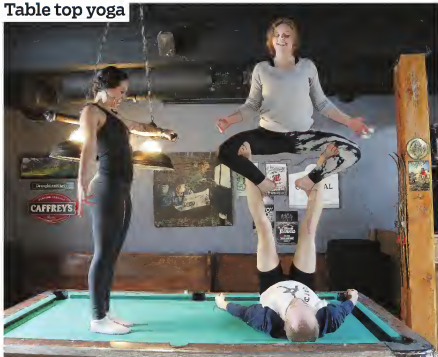
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- Early mornings, finish before you start your day
- Absentee no coffee, just door to door delivery

The StarPhoenix

IN THE CITY

FEBRUARY 18, 2015 - 3:37 P.M.

Table top yoga



Breaks Crackles: Nicola Schaan and Ben Key Stain practice their Sane Acro Yoga routine at the Capital Music Club in preparation for the Prince-Prose Launch Party on Feb. 21 — the official fundraiser and launch of the 2015 Saskatoon Pride Festival. @saskatoonpride on Twitter

#CROSSWORD

NEW YORK TIMES

Edited by Will Shortz

ACROSS

- 1 Punsable with "out"
- 4 With 7 down, obsessive of baking
- 10 Online info sources
- 14 When April tells the horse, they will come in from the balcony
- 18 Ideal
- 19 Child prodigy
- 21 Popular online collection for short
- 26 Mr. Spock's force
- 29 Where
- 30 Right companion
- 31 Sulfur-powered fuel
- 32 "Natural Weapon" actor, briefly
- 33 Hockey is measured in
- 34 With 39 down, distinguishable quality of art model
- 39 With 33 down, sounds
- 41 Not at all hidden
- 43 Defendant
- 44 Defense amp since 1960s
- 45 J.P. Library subject
- 46 Thru, out
- 47 Car's crank?
- 48 "Rocky II" actor (and an agitator in this puzzle)
- 49 Without locale
- 50 Also, "Sable" nickname
- 51 Culturally vital
- 52 Truss with triangular web
- 53 Always clock's purpose
- 54 Following the new
- 55 In the center of the grid, a pair of the first
- 56 In his last years of emceeing, he made
- 57 With 64 down, some of the top names in football
- 58 Called Ann
- 59 Called Al Davis, said for which category he's a fan (he's a fan of)
- 60 Banned from Betty
- 61 "Sable" spelled
- 62 A.A. Milne's hero
- 63 Show the way
- 64 "Sable" spelled
- 65 "Sable" spelled
- 66 "Sable" spelled
- 67 How to Thrive
- 68 Performance extras

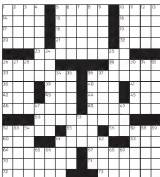


Photo: J.P. Morgan

- 71 Something in brackets
- 72 Adapt, as a story
- 73 In the location

DOWN

- 1 The first set on a family island
- 2 College course part
- 3 Kind of actor
- 4 Small event or
- 5 Bacteria the end
- 6 "There Must Be..." (Celine D., Jerome Kern)
- 7 From 5 across
- 8 "Sable" spelled
- 9 "Sable" spelled
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Authentic Amish Cooking



Butterhorns

- 1 C. Milk
- 2 T. Sugar
- 3 Egg, beaten
- 4 C. Flour
- 5 T. Shortening or Butter Crisco
- 6 T. Salt
- 7 T. Yeast, dissolved in 1/2 warm water



Bring milk to scalding. Add shortening, sugar and salt. Cook to lukewarm. Add yeast dissolved in water, then the egg. Stir in flour gradually to form a dough. Beat vigorously. Cover and let rise in warm place for 1 hour or longer. Roll out and cut. Place in pans and let rise before at 350° for 15 minutes. Brush tops with butter. An easy recipe. A definite favorite. Can also be used for cinnamon.

Authentic Furniture

Custom Solid Wood Heirloom Pieces



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Monday by appointment only
Tue-Fri 10am-5pm
Sat 10am-4pm

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Customized Options:

- choice of styles
- wood & stain choices
- fabric or leather choice
- custom sizing available



authentic.furniture@sasktel.net

(306) 955-9397

JANRIC CLASSIC SUDOKU

Level 3 Silver

Fill the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 21

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphenix.com

MUSIC

Wed., Feb. 22

Dusty Heads Band
Beds on Broadway,
817 Broadway Ave.

Just Tunes: Jazz Jam w/ The Brett Bolton Trio
The Basement,
204 Fourth Ave. N.

Shredtally w/ The Dead South and Styles and The Munks
Loud! Pub,
50 Campus Dr.

Pinapripa 10 Years Wasted
Cathedral, Chad Mueken,
Sant Antonio, Halpin,
Gruenewald and DJ Antonio
The Lord Coffee Bar,
187 Third Ave. S.

Thurs., Feb. 23

The Penny Bops
Crackers Restaurant &
Lounge,
1-227 Mainhouse Dr.

Daybreak
Beds on Broadway,
817 Broadway Ave.

Roots Series: The Whiskey Juke
The Basement,
204 Fourth Ave. N.

Seewriters in the Band w/ Geoff Smith
Vampires Tavern,
504 Broadway Ave.

Still Mothers w/ The Dirty Nil and The Pops
Capital Music Club,
264 First Ave. N.

Fri., Feb. 24

Higgins
Beds on Broadway,
817 Broadway Ave.

Driftwood
Army & Navy Club,
353 First Ave. N.

Piano Fiddle: David Fong
Roots Series: Theresa
Schoyha



Robb Flynn and heavy metal band Machine Head will perform at O'Brien Events Center on Sunday. PHOTO BY PHOENIX PHOTO

The Basement
204 Fourth Ave. N.

The Standards Trio
Marilyn Robinson,
3300 Highland St. S.

The Road Wagon
Toon Town Tavern,
3330 Highland Dr.

Reign's Rhythm Kings
Fairfield Senior Citizens'
Center,
103 Fairmont Ct.

Akella w/ Dear House
O'Brien Event Center,
240 Second Ave. S.

The Basement Presents w/ Silent Era and Ave Sol
Annie Corbin,
900 Duffryn Ave.

Black Visions w/ Jumbo
Capital Music Club,
264 First Ave. N.

Juke House
Stone's Place,
106-110 Bush St. E.

Jukebox
Peggy's Pub and Grill,
1403 Midway Dr. N.

Seakreek Songwriters
Glowcase

Vampires Tavern
801 Broadway Ave.

Goodbye w/ The Bad Decisions
Hook Barbers,
8348 Broadway Ave.

Sat., Feb. 25

Nighttime
Beds on Broadway,
817 Broadway Ave.

Piano Sundays: Maurice Crooks
Big Band Series: Stone
Frigate Big Band w/ Robyn Knight

The Basement
204 Fourth Ave. N.

Driftwood
Army & Navy Club,
353 First Ave. N.

Tony Holmes
Nathan Layton,
3021 Lumbia St.

Dance Party: Reign's Rhythm Kings
Downtown Lofton,
600 Squidline Cir. W.

The Lost Keys
McNally Indiana, Jr.,
3320 Highland St. S.

Viet Cong w/ Flirt City and Barrett Shires
Annie Corbin,
900 Duffryn Ave.

The Classic Chasers w/ The Department Heads
Capital Music Club,
264 First Ave. N.

The Everette Revival
Hook Barbers,
8348 Broadway Ave.
Idie Haines
Stone's Place,
106-110 Bush St. E.

Jukebox
Peggy's Pub and Grill,
1403 Midway Dr. N.

Sun., March 1

Acoustic Jam
Beds on Broadway,
817 Broadway Ave.

Machine Head
O'Brien Event Center,
240 Second Ave. S.

Mon., March 2

Marc Holt Quintet
Edn Temp's Café,
323 Second Ave. S.

The Wicked Grim
Beds on Broadway,
817 Broadway Ave.

Humanz
Capital Music Club,
264 First Ave. N.

ART

The Gallery at Frances Anderson Central Library
Until Feb. 26 at 313 2nd St. E.
More Story by the Local History
Department (LH). A featured
tourist photographs of Sedona's
early better shops and
beauty parlors.

SCWAP Art Gallery
Until March 3 at 253 Third Ave.
S. More Truism to Expression
Brenda Kallapala, Accusation

Feb. 26, 6:30 p.m. to 9 p.m. The
Spring Show by Art Quest runs
March 9-22. Reception March
26, 6:30 p.m. to 9 p.m.

The Museum

Feb. 27, 7 p.m. to 10 p.m. at
224 32nd St. W. Toronto pub-
lisher Roger Bywater introduces
his latest artists' books at a
pop-up shop and reception
open to the public.

Mended Art Gallery

Until March 22 at 950 Son-
deline Cir. E. New winter exhi-
bitions include Battleground:
War Refugees from Afghanistan;
Deep Weather by Swiss artist
Ursula Biemann. Concerning
Crisis Events, recent works
by Saskatchewan artists
Tanner Campbell and Rene
Stallman, the Border Cross-
ings Study Centre, a mobile
archive of the 34-year history
of border crossings art mu-
seum, and the ABC Art by
Artists mentorship program,
reflecting Monique Martin's
mentorship with Cathryn
Miller. Reception March 6,
6 p.m. to 9 p.m.

A Fleeting Salary

Feb. 27 until April 11 at 603
Broadway Ave. Caroline An-
 exhibition of print- and video-
based installations by Dawn
Myer. Reception March 6,
7 p.m. to 9 p.m. Artist talk
March 7, 2 p.m.

Ryan Art Studio

Until Feb. 26 at 1001 Loma Ave.
Artwork by Wayne Mortenson
in the gallery by John Dudley
runs March 1-31. Reception
March 7, 2 p.m. to 4 p.m.

EVENTS

What you need to know to plan your week.
Send events to bridges@thephoenix.com

Passed Arts

Until Feb. 27, 8 p.m., at 424
22th St. W. Good Day! Best Day
for the Jordan

Art in the Centre

Until Feb. 28 at Perimeter Cen-
tre: 10 Greater Arts Works
by the Western Art Group

STM Gallery

Until Feb. 28 at St. Thomas
More College: Multi-Campus
Dr. and Professor for University of
Saskatchewan Intermediate
Printmaking Students

Lincoln College Gallery

Until Feb. 28 along the in-
terbank from the McCreesh
Village Centre to the Mended
Art Gallery: An installation in
the room by Marianne Martin
with support from Sask Trans
overseas

Saskatoon City Hospital Gal- lery on the Bridges

Until Feb. 28 on the sixth floor
of the Atrium at Saskatoon
City Hospital: Multicultural
Landscapes by Michelle L.
Clark and contemporary
textured acrylic paintings by
Marlene Hamel. New Dis-
cussions from through February
between artist and patron by
Michael J. Martin

Studio Arts Centre, West- Thames

Until Feb. 28 at 701 Railway
Ave. in Western Reposition
Onlooker of the Woods: The
Watercolor by B.A. Conley and
photographs by Steve Griffin

AKA Artist Inc.

March 15, 2014 at 424 22th St. W.
in Sask Printmakers

Pringle Star Gallery

Until March 31, 10:30 p.m. at
1000 1st St. W. by Michael Jones and
David Bell

Darrell Bell Gallery

Until March 31 at 405-103 2nd
St. E. New Works by gallery
artists are: Michael Jones,
David Bell, Victor Chis-
cinsky, Marc Carter, Michael
Jones, Kyle Harrison, Jeff
Fennell, John Harrison, Jeff
Fennell, John Harrison and David
Thompson. Featuring a new



Vertical Strokes of Time by Patricia L. Clark is on display at the Saskatoon City Hospital Gallery on the Bridges. (MARTIN) PHOTOS

selection of textiles by Marcet
Lindley

The Gallery at Placemart

Until March 5 at 226 Third
Ave. S. Tinkles by Lynne
Graham, a recent series of
still-life drawings

Eye Gallery

Until March 20 at 10-132
College Dr. Fertile Ground,
photographs by John Parnis

Handmade House Showroom

Until March 21 at 710 Broad-
way Ave. Something is a Party,
a themed exhibition of works
inspired by the working
women of Handmade
House

Humboldt and District Mar- seaux and Gallery

Until March 27 at 601 Main St.
in Humboldt: Contrast: A Local
Perspective. Pottery by the
Saskatoon Pottery Guild

Kalving Plus Art

Until March 28 on the eighth
floor of the Saskatoon Ho-

tel Modern bronze sculpture
and acrylic paintings by Adri-
en Colleen and contemporary
paintings of landscapes
and animals by Deane and Joan
Parnis

Kalving Plus Art

Until March 31 on the eighth
floor of the Saskatoon Ho-
tel Modern bronze sculpture
and acrylic paintings by Adri-
en Colleen and contemporary
paintings of landscapes
and animals by Deane and Joan
Parnis

Western Saskatchewan Museums

Until April 2014 at 2610
Laurier Ave. Right Art Travelling
Exhibit in partnership with the
Royal Saskatchewan Museum
A 100-year-old old Canadian
section brought back to life
through 3D imaging

FAMILY

Play and Play

Tuesdays, Wednesdays

and Thursdays, 9:30 a.m. to
11:15 a.m., through April for
children up to age five. Semi-
structured, on-site, snacks,
story time, toys, activities.
Email: stapleford@sk.ca
or visit the
Facebook page

Wines and Strikers

Wednesday, 7 p.m., at Centro
Cinemas in The Centre.
Choice of two movies each
week. A happy family environ-
ment with lowered volume,
dimmed lighting, a changing
table and stratter parking in
select the area

Saskatoon Dining Menu & Baby Fitness

Wednesday until April 8, 3
p.m. in room and baby fitness
exercise class. All fitness lev-
els are welcome. Registration
and information at: saskatoonfitness@sk.ca
or Rueben.Saskatoon@sk.ca

Cliff's Climb and Play

Daily, 10 a.m. to 3 p.m., in Bay

4 of 615 South Railway St. W.
in Wainman: Saskatoon's new
weekend indoor playground.
For children up to age 12 visit
www.bayplay.com or their
Facebook page

Pan Factory Indoor Play- ground

Daily at 1633-3 Quince Ave.
A giant indoor playground
for young children. Adults
and children under one year
are free. There is a separate
fenced in area for children
under two.

Children's Play Centre

Daily at Lawson Heights Mall.
A fun, safe environment for
preschool children to play.
Please note this is an un-
supervised play area, and adults
must stay with and supervise
children at all times

Market Mall Children's Play Centre

Daily just off the food court
at Market Mall. This play area
is free and has different level
chairs. Children must wear
clothes. No shoes on the
play area.

Saskatoon Indoor Playgroup

Thursdays, 9:30 a.m. to 11:15
a.m., through May, at Em-
manuel (Basil) Church, 3036
Avenue Dr. Parent-supervised
playgroup for kids up to age
five. A bounce house and toys
for kids, designated infant
play area, coffee/bar for par-
ents. Registration on arrival.
Information at saskatoon@emmanuel.ca
or visit their Facebook
page

Pop in & Play

Thursdays and May 21, 9:30
a.m. to 11:30 a.m., at the
Alliance Church, 3300 Penfold
Dr. For children and their
parents. Monthly themes,
learning centres, snacks and
occasional speakers. Infor-
mation at office@alliancechurchofphoenix.com

Power and Toddlers Yoga

Thursdays, 9:30 a.m. to 10:15
a.m., and Saturdays, 10:30
a.m. to 11:15 a.m., at YogaLife,
3-15 Third Ave. S. Classes
taught by Nina Zerk. For per-

sona and their toddlers ages
one to five. Introduce your
toddler to the world of yoga.
Classes include postures,
breathwork, meditation,
play and song. Classes are six
weeks. Register at freedomfromyogalife@gmail.com,
306-381-8552

Beant Feeding Cafe

Thursdays, 10 a.m. to 11:30
a.m., at Westside Primary
Health Centre, 3311 Westgate
Dr. A drop-in support group
for breastfeeding women.
Sessions will be facilitated by
a lactation consultant with a
brief educational presentation,
and time for interaction with
the other mothers.

Movies for Mommies

Thursdays, 1 p.m., at Baldwin
Cinemas in The Centre. An
adult-friendly environment
with reduced sound, change
cables, bottle warming and
strawler parking

Shops in Street

Fridays, 3:30 a.m. to 10:30
a.m., in front of the
Customer Service at the Mall
at Lawson Heights. Classes
consist of power-walking,
body sculpting moves using
resistance tubing and a social
time for parents and babies.
To register at nunnenandbabes@sk.ca
or visit their Facebook page. No classes on
school holidays

Early Talk at SPL

Fridays, 10:30 a.m., at Alice
Turner Elementary, Mendon,
10-300 Ave. at Carleton Place
Branch and 25 West Broadway
and Broadway, 10:30 a.m., at
Carr Wright Branch. Half-hour
singing and rhymes, then
mingling with other parents

LLCC Saskatoon Emerald Series Meeting

The last Friday of the month
through April, 6:30 p.m., at
10-15 Forest Dr. The topic is The
Advantages of Breastfeeding
to Mother and Baby. All wom-
en are welcome. Free refresh-
ments are welcome. Child and
partners are also welcome.
Call 306-655-1035 or email
llccsaskatoon@gmail.com

EVENTS

Kid Yoga Classes

Age five to 10 Saturday, 11:30 a.m. to 12:30 p.m., at Westside Youth Agency, 100 E. 1st, Monday, 10:15 a.m. to 11 a.m., at YogaLife, 3-85 Third Ave. S. Class taught by Nina Zentl. Helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are free and free. Register at bridgesatphenix.com/yogakidspn

Preschool Parent Workshops

Yoga for Children
Saturdays, 10 a.m. to 4 p.m., at Birth Rhythms, 244 Third Ave. S., 101 University N.W. Zentl. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is required. Classes are 10 weeks. Register at bridgesatphenix.com/yogakidspn, 205-361-8252

Weather the Weather

Feb. 23 and March 1, 1 p.m. to 4 p.m., at Lakeview Valley Centre, 402 Third Ave. S. Explore some of the weather extremes Southeast has experienced through its history. Make a silly song to help the Weather 101 to take home. A drop-in workshop for all ages.

Free Family Fun

Sundays, 2 p.m. to 4 p.m., at the Mental Art Center, 950 Tappan St. E. Four ages for 2 to 4, accompanied by an adult. Art-making activities led by gallery artists. Supplies are provided.

More and Baby Yoga

Monday, 11:30 a.m. to 12:30 p.m., at YogaLife, 3-85 Third Ave. S. 12 classes taught by Nina Zentl. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation techniques and increase body awareness. Classes are free and free. Register at bridgesatphenix.com/yogakidspn

Postnatal Yoga

Monday, 12 p.m. to 1 p.m., at Wellness and Pregnancy Health Center, 244 Third Ave. S. Beginner to intermediate yoga designed to help with



Check out Bridges Events listing for various yoga classes for all ages throughout the city. bridgesatphenix.com/yogakidspn

muscles and recovery. Baby-friendly class with a certified yoga teacher. Suitable for two weeks to two years postpartum. Register at bridgesatphenix.com/yogakidspn or call 205-361-8252.

Canadian Light Source (CLS) Public Tours

Monday, 1:30 p.m., at the Canadian Light Source, 4400 University Dr. The synchronous research facility is open for the public. Pre-registration is required. Call 318-687-3644, email outreach@frcsask.ca or visit lightsource.ca/education/public_tours.php.

Pregnant Yoga

Mondays, 6 p.m. to 7 p.m., at Pregnancy and Parenting Health Center, 244 Third Ave. S. Taught by a doctor and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 205-251-3443 or email pregnatingo@gnail.com. No class on state holidays.

Pregnant Yoga

Tuesdays, 9:30 a.m. to 10:30 a.m., at Grace Westminster United Church, 244 Third Ave. S. Beginner to intermediate yoga, a group of families

inspired by Mother's philosophy. Programming is aimed at women ages two to five, but all ages are welcome. LLLC Southeast Theater Series Meeting

The first Monday of the month, 6:30 p.m. to 8 p.m., at 3616 North Ave. A meeting for mothers board meeting. Call 205-402-4282 or email lllcse@seattle.com

Phaedon Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Family Robinson, 2130 Eighth St. E. For children ages three to five in the 1000-1477.

Read & Paint

The first Tuesday at 10:30 a.m., and Wednesday at 1:30 p.m., each month, at West Point Pottery, 5-3110 Eighth St. E. Suitable for ages two to six. Each month features a different story, followed by a related painting project. March 3, and 4, read "Children Make Terrible Pets" and paint Cubes in the bath.

Scene

March 2-5 at driveway Theatre. Short animation in

collaboration on special, for ages six and short, animations on works of art, for ages eight and a, work reflecting the diversity of the world's indigenous nations for ages 10 and up, a storytelling workshop led by members of the Saskatchewan Native Theatre Company, and a documentary on the food we waste. Admission at bushwyttheatre.ca, 306-552-6886.

Engineering for Kids

Children ages four to 10 can learn about technology and how engineers help develop games, cars, parties, and clubs with hands-on STEM enrichment activities. Get information and register at empowermentlabs.net/saskatoon or 306-718-6886.

BRICK & BLOTT

Regular after-school programs, weekend classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games, and have fun using LEGO bricks. Visit brickandblot.com or call 306-579-2429.

Saskatoon Public Library Programs

Drop-in daily programs for children and families. Find the calendar at saskatoonlibrary.ca/index/1016

SPECIAL EVENTS

Saskatoon Farmers' Market

Over a year round, Saturday and Sunday, 10 a.m. to 3 p.m., and Saturday 6 a.m. to 2 p.m., farmers are in attendance. Tuesday through Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours. Food stalls and specialty shops are open. Information at saskatoonfarmersmarket.com. Contact 306-386-6322, cdm@ssaskatoon.ca

Bergin Assessment Store

Wednesday, 10:30 a.m. to 3 p.m., at 3616 North Ave. A meeting for mothers board meeting. Call 205-402-4282 or email lllcse@seattle.com

Mayday Carpet Sewing

Wednesdays, 1:30 p.m., at Mayday United Church, 1016 10th St. E. Experienced and experienced players are welcome. For information call 306-451-2321

Literature Matters Talk

Feb. 22, 7:30 p.m., at Green Westminster United Church, 244 Third Ave. S. The speaker is Philip of 1913-C. Literature and Art by Alison Mair

Geometry Night

Feb. 22, 7:30 p.m., at Capital Music Club, 244 Third Ave. S. Featuring a live performance. Admission at the door.

19th Annual Red Marsh Festival

Feb. 26, 9 a.m. to 5 p.m., at Memorial Park. An evening of celebration in support of environmental membership. Featuring Victoria VJ from C-20's Dignity. Don't miss this chance to see the band.

Soap Bathers and Bath

Feb. 22, 8 p.m. to 9 p.m., at SASST, 1301 13th St. N. Local chefs create a meal for participants, and assist participants in making about

250 bowls of soup for women and children escaping family violence. Prescription is required to register and make more than five applications. Info.

Write Out Loud Youth Poetry Slam

Feb. 26, 7:30 p.m., at Lulu's Pub, 193 Campus Dr. Featuring about 100 youth poets. Admission at the door.

Benny and Mr. Lohr's Crazy Chasseurs

Feb. 26, 9 p.m., at Lulu's Pub, 193 Campus Dr. 10th St. A comedy show featuring about 100 youth poets. Admission at the door.

Women's Health/Quit

Feb. 26, 9 a.m. to 5 p.m., at 1016 10th St. E. Information on health, nutrition, and a snack, time for writing and crafting. With a special speaker and a special presentation. For information call 306-451-2321

Pink and Purple Discussion

Feb. 27, 7 p.m., at Embassy Theatre, 1016 10th St. E. A special presentation on health, nutrition, and a snack, time for writing and crafting. With a special speaker and a special presentation. For information call 306-451-2321

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EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Craft Beer and Cheese Festival

Feb. 27, 7 p.m., at Pointe San Brewery, 3030 Quince Ave. A fundraiser for Neza Creek Music Festival. Local craft beer, cheese, spirits and tapes with live music by in with the Old and a Great Yes Trio. Tickets at 306-343-7000 or at Pointe San Brewery.

Adult Gender Painting Class

Feb. 26-27, 6 p.m., at West Coast Pottery, 310 Eighth St. E. For ages 18+. A clay-to-slate class in acrylic painting. The project is pretty in pink. Register at 306-373-3219.

Double Violin: The Stage Show

Feb. 27-28, 7:30 p.m., at The Melbury, 426 Durban Ave. Comedy magic with a twin twist. Clean comedy with audience participation. Tickets at 306-653-5191, online, towards \$6.

Carpent Bowl

Thursday, 8:15 p.m., at Hutana Legion Hall, 2611 Louisa Ave. Hosted by the Hutana Senior Citizens Association. Lunch and coffee are available for a fee.

Paint 'til You Paint

Feb. 28, 11 a.m. to 5 p.m., at West Coast Pottery, 310 Eighth St. E. A two-day art retreat with four classes and six new techniques. Register at 306-373-3219.

SAPC Dances

Thursdays, 7 p.m., in room 13 at Albert Community Centre, 411 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. First night is free. Visit sifc.saskatoon.com.

Saxophone

Feb. 28, 7:30 p.m., at TCU Place. Saskatoon Symphony Orchestra's Masters Series. Featuring cultural pianist Gerd Schaller. With works by Chabrier, Ravel, Grieg, Fauré, and Debussy-Konrad.



Jim MacKenzie will be one of the performers at the Saskatoon Blues Festival which runs until March 1 and is free to the public. Photo by Michelle Wilco.

Craft Beer & Dry-Cured Meat Tasting Event

Feb. 28, 7:30 p.m., at Riverdale Distillers and Market, 101 20th St. E. For tickets and info, visit info@riverdale.ca or call 306-394-3355.

Danceing Circle

First Sunday of each month, 1 p.m., at The Unitarian Centre, 215 Second St. E. Beginners are welcome.

Saving Concert

March 1, 8 p.m., at Knox United Church. The University of Saskatchewan Oryzopsis singers perform choral repertoire including traditional, classical, sacred and secular, folk songs and spirituals in a variety of languages and styles. Featuring works by Britten, Schütz,

Gallo and Schoen. Tickets at McNelly Robinson, from their members, or at the door.

The W in Runway

March 1, 11 a.m. to 5 p.m., at Level 1, 1010 Campus Dr. Presented by W. Details: Carry Cautious. A fashion show and information for ladies. Brakes in attendance are offered to help honeymoon accommodations. For two tickets at \$20.00 each.

Yonlight's Poetry

Che 28, 7:30 p.m., at The Woods At Home, 142 Second Ave. N. Community group featuring Mystery Guest.

Yaleminia 30 Benefit Concert

March 1, 8 p.m., at the Saskatoon Conservatory of Music, 1002 22nd St. W. Featuring 11-year-old violinist Alex Leung and Classical works and fiddle tunes. Admission by silver collection at the door.

1002 22nd St. W. Featuring 11-year-old violinist Alex Leung and Classical works and fiddle tunes. Admission by silver collection at the door.

The Next Step Live on Stage

March 1, 6:30 p.m., at TCU Place. The next step dancers provide an interactive dance experience for all ages. Featuring music from the VHS series. Tickets at 306-575-7799, Saskatoon.ca.

Saskatoon Blues Festival

Until March 1 around Saskatoon. Open your eyes to the diversity and scope of the multi-faceted music scene known as The Blues. Featuring B.C. Sax/Gorge Tennant Duo, Rick Edlin & The Nightcats, Mike Hill, Brian

McKenzie, Day Book-Enders and Bob Macphail

Tickets at Cherry Insurance, Lang & McQuade, McNelly Robinson, St. John's Music or saskatoonbluesociety.ca.

Film at Grace

March 2, 7:30 p.m., at Grace Westminster United Church. Hosted by the Yorkton Film Festival. A screening of Children of Soldiers. A talk by Korean War veteran Colin Clay will accompany the film. With Ottawa Centre Society's Jean McPhail, Leigh Mahel and service staff in talking about. Admission is free. Everyone is welcome.

Off-Beats/Forward Market, International Business, and More

Tuesdays, 11 a.m. to 5 p.m., in the basement of Grace-Westminster United Church, 100 10th St. E. Offering a variety of locally produced food, clothing and accessories from India. Get products, buying, and business deals. New vendors welcome. Call 306-664-2940 or email ariff@harrishandshaw.ca.

Carson Options for English Majors

March 3, 3:30 p.m. to 5:30 p.m., in Arts 217 at the U of S. Learn how the skills you acquire with your English degree can get you jobs and prepare you for graduate programs. Joined by U of S English grads and jobs on campus. All are welcome from the U of S Centre Centre. Extended session on Innovation on April 1, 11 a.m. to 5 p.m. in 1000. Free admission. Information at www.english.uask.ca.

Venus Film Screening

March 3, 6:30 p.m. to 8:30 p.m., at Enslaving Theatre. Hosted by Sexual Health Centre Saskatoon, The University of Saskatchewan Reproductive Action Group and Women in Law. An introduction by Diana Whitten provides the screening of the documentary about Dr.

Roberta Campagna's Women on Waves project

Admission by donation at the door.

Seven Days that Transformed the World

March 3, 6 p.m., at Hesse and Hubbard Brewing Company, 1111 1st St. S. Author Smith-Norris talks about the Day America Dropped the A-Bomb. Everyone is welcome. Information at kelli.carlson@usask.ca.

Comedy Night

March 3, 9 p.m., at Pizzetti's Pub and Grill, 1401 1st Ave. W. All ages.

Book Signing at McNelly

Regular book signings at McNelly Robinson, 310 Eighth St. E. For schedule and information visit marnalynelson.com/saskatoon_events.

English for Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information on registration at 306-268-4337, 306-653-4464, 306-200-4336, info@opendoors.ca, or www.opendoors.ca.

THEATRE

The House You Build

Feb. 25 to March 6 at Studio 914, 914 20th St. W. Presented by OMT. A unique show involving spoken word, modern dance and Lakota traditional dance. Featuring the 2014-15 Circle of Voices. Tickets at Info@openhouse.ca, 306-867-1221.

The No-Yo's

Feb. 27, 9:30 p.m., at La Rale's, 308 Fourth Ave. W. The improv comedy troupe performs. Admission at the door.

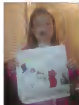
Event delays are not uncommonly suffered by bridges. Contact will be made if there are any. Subscriptions in this series before the second date.

OUTSIDE THE LINES

Colouring contest

Each week Stephanie McKay creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bridges@hollandathome.com. One winner will be chosen each week.



Last week's contest winner is Kayve Gruber. Thanks to everyone who submitted entries!



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SHARP EATS

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook

SASKATOON FOOD SCENE

Workshops gives kids tools for a vibrant life

By Jenn Sharp

A local entrepreneur is holding free workshops to teach kids about food and the environment.

Chris Wood hosts an interactive workshop for kids aged eight to 13. She wants kids to learn about where their food comes from and introduce them to new ways of eating.

Kids learn about Saskatchewan food products and get a recipe book to take home. Healthy eating, meal planning, grocery shopping and food preparation are all discussed.

A component about the many foods grown in Saskatchewan is always a part of the workshop, says Wood.

She talks to the kids about the benefits of food that has to be shipped to the province. Fresh food loses nutrients from long travel times and when it has to be sprayed to stay fresh.

"There are so many environmental factors with flying it here as opposed to the farmer who just drives it here," says Wood.

Kids are given an idea of how much garbage they waste as their lifetime — at their current age and how much they'll make by the time they're 30, "a real eye opener."

A food demo is comprised of meals that are easy to prepare at home and sourced from Saskatchewan farmers. Cooking that way helps reduce one's environmental footprint, says Wood as there's less waste from processed food.

"Your food is the closest thing to you. It's going through your whole body and if it's leaving trash on you, you want to put clean food in you and food that's good for you."

Splendor Garden spices mixes are used in the demos and sent home with the kids. The company from Victoria sponsors the workshops.

Wood's favorite recipe involves cooking a few veggies with Splendor's all-spice mix, then blending it and adding cream cheese, garlic and more spice for a healthy dip or spread for a wrap.



Chris Wood of Victor's Body Goods teaches children like Christopher Maxwell and Cheyenne Macdonald through an interactive workshop that teaches kids about cooking, the environment and the benefits of purchasing Alberta products locally.

SHARP EATS



Chrys (third) helps Chryswell (background) make a package of soup they made at an interactive workshop at Salsbury and March. The next workshop will be held on March 3. **PHOTO BY GARY NOLAN**

"They can make a really fantastic meal with out much effort at all."

Sourcing the vegetables locally for the recipes can be overwhelming for families. Wood has partnered with Rhinestone Community Organic (RCHO) Farm, a community shared agriculture endeavor out of Hudson Bay. RCHO Farm makes deliveries to Salsbury once a month in the winter and twice in the summer. Customers can buy produce and meat shares based on their household needs through the website www.rchofarm.com.

Wood likes this style of eating, saying it's cheaper and it makes her really think about how to plan veg gets into family meals.

"You have so many of them right there. You second guess yourself if you were going to open a box of something."

Kids are also given a What's a Journal, something Wood says is an excellent resource to help them learn about the environment and their own bodies.

"If kids start that young... taking care of their body and spirit, it's a great learning tool. Hopefully when they're an adult they'll be wiser of... how much their choices make an impact."

Wood encourages the kids to write down their problems and goals in the journal. She's learned that if you write down a problem you can start to solve it by writing.

"It's just to teach them there's a really nice way to solve your problems and it can be relaxing."

Goal setting is important, too.

"A lot of people say that when you have a goal, if you don't write it down, it's just a dream."

Wood, who owns Wood's Body Goods, also gives a brief writing lesson, and helps the kids make a bath product from scratch.

Overall, Wood hopes the workshops will encourage kids and parents (who are welcome to attend) to think a little differently about their food and the common meal.

"We feel these things make for a really vibrant life. By supporting a farmer, he's taking care of that land that could be gone forever if a company buys it up and builds something on it."

INTERACTIVE WORKSHOP FOR KIDS

WHEN: March 6, 2014, 6:30 to 8 pm

WHERE: Collier's On Broadway, 416 Broadway Ave.

ADRS: \$2 for 12-17, \$5 for 18 and over

COST: Free (its a special if people are able to donate to help cover costs)

REGISTRATION: www.woodsbodysgoods.com (through the What's a blog)

philly@woodsbodysgoods.com
Twitter: @woodsbodysgoods

ON THE SCENE

THE ACADEMY AWARDS LIVE BROADCAST

Leave it to the only place in Sinislovakia with an authentic feel of old Hollywood glamour to host the Oscars party of the year. The Royal Theatre was filled with film and celebrity fans as well as for a live broadcast of the 85th Academy Awards. StarPhoenix reporters Stephanie McKay and Jeremy Wilman hosted the event, handing out door prizes and playing Oscar-themed games with the audience during commercial breaks.

BRIDGES PHOTOS BY MICHELLE BERG



1. Lauren Lutz and Adam Hoad

2. Sarah Marwilo and Katherine Sibert

3. Lorella Irs and Jessica Irs

4. Owen Stark and Heather Morquay

5. Jan Gray and Ann Foster

6. Jane McRobb, Cynd Canadian and Lash Bruce

7. Krista Mooney, Lisa Mooney and April Scott

8. Anne-Lee Hordicom, Rob Hodgins and Ivy Hodgins

9. Karl's Melling, Schwaner, Jan Schwaner and Rob Schwaner

10. Cain Warner and Ryan Smith

11. Stephanie McKay and Jeremy Wilman host the Oscars party

12. Sluey McPeak, Chris Smith and Kasey Smith get their picture taken

13. Kim and Gertie Schickley